From:	ehbarak <ehbarak1@gmail.com>
To:	Barak Priell Nili <nilipriell@gmail.com>
CC:	
Date:	Thu, 11/19/2015 5:01:18 PM
Subject:	NYTimes: Tai Chi vs. Psychotherapy for Better Sleep and More

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http://well.blogs.nytimes.com/2015/11/18/tai-chi-vs-psychotherapy-for-better-sleep-and-more/?smprod=nytcore-iphone&smid=nytcore-iphone-share

A new study has shown that both cognitive behavioral therapy and tai chi may reduce both insomnia and inflammation.

Sent from my iPhone